

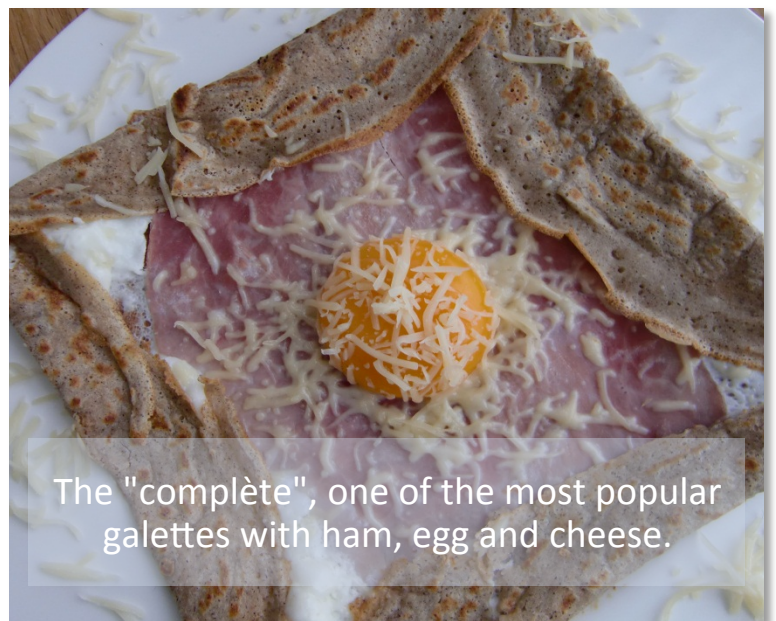
Galettes



The Breton “Galette de sarrasin”, also called delicious crêpes made from buckwheat flour. They’re originated in Brittany, a region in France. Originally, galettes were served plain with salted butter. But you fill it with egg, onion, butter, ham, cheese etc.

Ingredients:

- ❖ 330g buckwheat flour
(you can also complete with plain flour)
- ❖ 25 ml Oil
- ❖ Pinch of salt
- ❖ An egg
- ❖ $\frac{3}{4}$ L milk



The "complète", one of the most popular galettes with ham, egg and cheese.

Preparation:

1. Put the flour, the egg and the salt in a bowl and blend.
2. Add the milk and the oil and mix by hand until the batter is smooth.
3. Take a pan. With a paper towel, rub a little butter around the pan.
4. Ladle in a little bit of batter, just enough to fill the pan when the batter is spread correctly. Let the galette brown on one side, and then flip it over.
5. Remove the galette from the pan and set it aside.

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